

L110

2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Effective August 1, 2022 - July 31, 2026

Conn. Val.	0.1	0.2	SR	FT	0.1	0.2	SR	FT	0.1	0.2	SR	Content
<p>Level 10 *Turn/flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.) Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C</p>												
<p>Level 10 Min. of one C-Flight 2nd diff. flight-min. B Min. of C element with LA turn (excludes Mnt/Dmt) Dmt - Min. of C Level 9 Two Bar Changes Min. of one B-Flight 2nd diff. flight-min. C OR min. B element with LA turn (excludes Mnt/Dmt) Salto Dmt - Min. B</p>												
<p>Acro Flight (Two elements, excluding dnt) B + C* D/E + D/E * (C must be salto at L10 - At Lev 9, C must be salto or aerial) Acro flight B + B + C B+C+C (3+ elements, incl mnt/dmt) B+B/C+D/E B+B+D Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/two hand support, excluding dnt 2 Dance/Mixed A+D/E B+D/E (excludes dnt) B+C *C+C *Same or different dance Turns A+C (or reverse) All acro elements used for CV must have flight</p>												
<p>Level 10 Acro Series- 2 dir, conn. Flight ele. min. of 1 C, OR E-Flight + A non-flight (excl. mnt/dmt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. C or Min. B w/ C conn. Level 9 Acro Series- 2 directly connected flight elem Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dmt - Min. B</p>												
<p>Acro Indirect A/B+ A/B+C C+C B+C A + A + D A+D A+E B/C+D/E B+C Acro Direct (Saltos/Aerials) A+A+C A+B A+C A+B+D/E A+A+D/E A+A+D/E C+C 2 *Dance/Mix B+D/E C+C *Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump</p>												
<p>Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ flight elem. w/two hand support. Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto - isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto - isolated or in Last Salto conn.</p>												
<p>Level 10 A 10 B 3 C 3 D 2 E 1 SV 9.5 SV 9.7 L10 Bonus +0.10 Bonus (not in SV) if exercise has 10 SV + min. of 0.6 total Bonus + an E (BB/FX-E Acro) L9: allowable D/E's = C +1.0/D/E Bonus-1's/D/D Restricted elements = No VP: -.50 off SV No CV/DV w/ fall or spot Missing SR - -0.50 off SV</p>												
D												VP
												SR 5 -acro
E												VP
												SR
F												VP
												SR

Handwritten notes and diagrams in blue ink, including 'BANKS' and 'VTL Dance 0.15'.

Handwritten notes and diagrams in black ink, including 'VTL Acro 0.05' and 'VTL Dance 0.05'.

L10

2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10 Effective August 1, 2022 - July 31, 2026

Conn. Val.	0.1	0.2	SR	FF	Connection Value	0.1	0.2	SR	FF	Connection Value	0.1	0.2	SR	FF	Content
<p>Level 10 *Turn/flight C+C *For a connection of two elements from Gr. 3/5/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.)</p>															
<p>Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C</p>															
<p>Level 10 Min. of one C-Flight 2nd diff. flight-min. B Min. of C element with LA turn (excludes Mnt/Dnt) Dnt - Min. of C Level 9 Two Bar Changes Min. of one B-Flight 2nd diff. flight-min. C OR min. B element with LA turn (excludes Mnt/Dnt) Salto Dnt - Min. B</p>															
<p>Acro Flight (Two elements, excluding dnt) B + C* * C must be salto at L10. At Lev 9, C must be salto or aerial) Acro flight B + B + C B + C + C (3+ elements, incl mnt/dnt) B + B + D B + B / C + D / E Add +1 +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C salto/aerial or D/E flight w/ two hand support, excluding dnt 2 Dance/Mixed A + D / E B + C (excludes dnt) * Same or different dance Turns A + C (or reverse) All acro elements used for CV must have flight</p>															
<p>Level 10 Acro Series- 2 dir. conn. Flight ele, min. of 1 C; OR E-Flight + A non-flight (excl. mnt/dnt) Leap or jump requiring 180° cross/side split 360° Turn on one foot Aerial/Salto Dnt - Min. C or Min. B w/ C conn. Level 9 Acro Series- 2 directly connected flight elem Leap or jump requiring 180° cross/side split Aerial/Salto Dnt - Min. B</p>															
<p>Acro Indirect A/B + A/B + C C+C B+C A + A + D A+D A+E B/C+D/E B+C A+C A/B+D/E A+A+C A+A+D/E C+C</p>															
<p>Acro Direct B+B A+C A/B+D/E A+A+C A+A+D/E C+C</p>															
<p>2 *Dance/Mix B+D/E * Same or different dance D/E-salto + A-jump (This order only) No CV for a turn followed by a jump</p>															
<p>Level 10 One Acro Pass w/ min. 2 Salto (same or diff) dir./indir. conn. w/ Flight elem. w/ two hand support Three Diff. Salto (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one A Leap requiring 180° split Min. C salto - isolated or In Last Salto conn. Level 9 Same as L10 except Min. B salto - isolated or In Last Salto conn.</p>															
<p>Level 9 A 1 CV 3 VP B 3 D/E 2 SR C 5 SV D 2 10 E</p>															
<p>Level 10 A 1 CV 4 VP B 3 D/E 3 SR C 5 SV D 1 10 + 1 E 1</p>															
<p>Level 9 A 2 CV 2 VP B 3 D/E 3 SR C 4 SV D 1 10 E 1</p>															
<p>Level 10 A 1 CV 4 VP B 3 D/E 3 SR C 5 SV D 1 10 + 1 E 1</p>															
<p>Level 9 A 2 CV 2 VP B 3 D/E 3 SR C 4 SV D 1 10 E 1</p>															

J

K

L

M

N

O

P

Q

R

S

T

L1D

2022-2026 USA GYMNASTICS WOMEN'S DEVELOPMENT PROGRAM - LEVELS 9 & 10

Effective August 1, 2022 - July 31, 2026

Conn. Val.	0.1	0.2	SR	FT	Connection Value	0.1	0.2	SR	FT	Connection Value	0.1	0.2	SR	Content					
	Level 10 *Turn/flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D D+D (C-No turn/flight req.)	Level 10 Min. of one C-Flight 2nd diff. flight min. B Min. of C element with LA turn (excludes Min/Dmt) Dmt - Min. of C	Level 9 (If no turn/ C+C flight - must be different) Turn/flight C+C	Level 9 Two Bar Changes Min. of one B-Flight 2nd diff. flight-min. C OR min. B element with LA turn (excludes Min/Dmt) Salto Dmt - Min. B	Acro Flight (Two elements, excluding dnt) B+C* * (C must be salto at L10 - At Lev 9, C must be salto or aerial) Acro flight B+B+C B+C+C (3+ elements, Incl mnt/dnt) B+B/C+D/E B+B+D	Acro Flight (Two elements, excluding dnt) B+C* * (C must be salto at L10 - At Lev 9, C must be salto or aerial) Acro flight B+B+C B+C+C (3+ elements, Incl mnt/dnt) B+B/C+D/E B+B+D	Acro Flight (Two elements, excluding dnt) B+C* * (C must be salto at L10 - At Lev 9, C must be salto or aerial) Acro flight B+B+C B+C+C (3+ elements, Incl mnt/dnt) B+B/C+D/E B+B+D	Acro Flight (Two elements, excluding dnt) B+C* * (C must be salto at L10 - At Lev 9, C must be salto or aerial) Acro flight B+B+C B+C+C (3+ elements, Incl mnt/dnt) B+B/C+D/E B+B+D	Acro Flight (Two elements, excluding dnt) B+C* * (C must be salto at L10 - At Lev 9, C must be salto or aerial) Acro flight B+B+C B+C+C (3+ elements, Incl mnt/dnt) B+B/C+D/E B+B+D	Acro Indirect A/B+ A/B+C C+C B+C A+A+D A+D B/C+D/E B+C A+B+D/E A+A+C A+A+D/E C+C	Acro Indirect A/B+ A/B+C C+C B+C A+A+D A+D B/C+D/E B+C A+B+D/E A+A+C A+A+D/E C+C	Acro Indirect A/B+ A/B+C C+C B+C A+A+D A+D B/C+D/E B+C A+B+D/E A+A+C A+A+D/E C+C	Acro Indirect A/B+ A/B+C C+C B+C A+A+D A+D B/C+D/E B+C A+B+D/E A+A+C A+A+D/E C+C	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.	Level 10 One Acro Pass w/ min. 2 Saltos (same or diff) dir./indir. conn. w/ Flight elem. w/wo hand support Three Diff. Saltos (No aerials) Dance Passage w/ 2 diff. Gr. 1 elements (direct or indirect connection) - one a Leap requiring 180° split Min. C salto -isolated or in Last Salto conn. Level 9 Same as L10 except Min. B salto -isolated or in Last Salto conn.
P	NOP A B C D E	NOP A B C D E	NOP A B C D E	NOP A B C D E	WTL Dance .05	WTL Dance .05	WTL Dance .05	WTL Dance .05	WTL Dance .05	WTL Dance .05	WTL Dance .05	WTL Dance .05	WTL Dance .05	VP SR FIN					
Q	NOP A B C D E	NOP A B C D E	NOP A B C D E	NOP A B C D E	WTL Acro .05 WTL Dance .05 WTL Dm .1	WTL Acro .05 WTL Dance .05 WTL Dm .1	WTL Acro .05 WTL Dance .05 WTL Dm .1	WTL Acro .05 WTL Dance .05 WTL Dm .1	WTL Acro .05 WTL Dance .05 WTL Dm .1	WTL Acro .05 WTL Dance .05 WTL Dm .1	WTL Acro .05 WTL Dance .05 WTL Dm .1	WTL Acro .05 WTL Dance .05 WTL Dm .1	VP SR FIN						
R	NOP A B C D E	NOP A B C D E	NOP A B C D E	NOP A B C D E	WTL Acro .05 WTL Dm .1	WTL Acro .05 WTL Dm .1	WTL Acro .05 WTL Dm .1	WTL Acro .05 WTL Dm .1	WTL Acro .05 WTL Dm .1	WTL Acro .05 WTL Dm .1	WTL Acro .05 WTL Dm .1	WTL Acro .05 WTL Dm .1	VP SR FIN						

